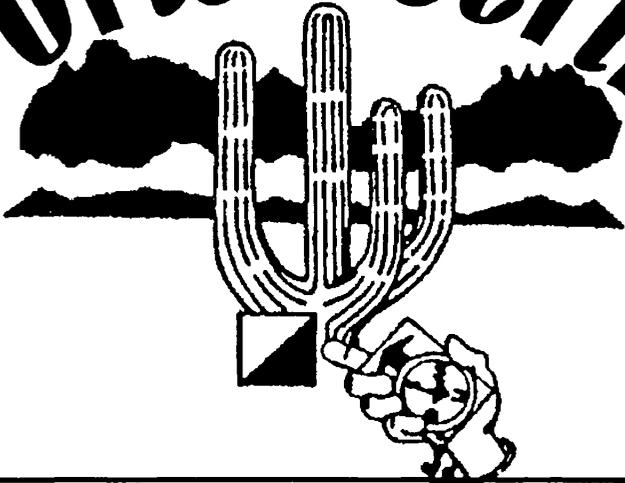


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# Mogollon Orienteering Club



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September 2001

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## CHAMPS AND BILLYGOAT VIE FOR TOP BILLING AT POTATO PATCH IN SEPTEMBER

—*Wolfsong*

For the weekend of September 15-16, we'll be combining two annual events with a fun event thrown in between. Don't let the heading scare you. This is a multi-event weekend with something for everyone at an elevation guaranteed to bring respite from the heat. Potato Patch is our site on the Mogollon Rim at 7500 feet elevation. Ponderosa pine country: friendly vegetation and good going on the ground with the opportunity to see elk on the playing field.

Why so much activity in one weekend? Everything seems to have converged. A long event had been planned here by me for some time, in fact, since about Christmas last, also a lake event such as the spirited one we had last year, and a night-O. The Billygoat is the long event. Then a change in plans which placed me on the opposite side of the country (NJ) for several months, including the time of our event, which is why the lake event got scrubbed. A boat was needed to set it, too much to ask of someone else. At the same time the planned Champs event had to be canceled when no volunteers could be found for July to set it at Lake Mary. So I was beseeched to set a one-day Champs event in lieu of the lake event. Voila! So it came to be as it is.

I designed the courses and flagged over 70 points in early July; Emily Lane and Chris North volunteered to hang the controls in September. I'm pleased with the course design. Also made a few map revisions but you will notice no rock details. This is a work in progress. In the field you will be treated to rock surprises only if you are on the longer courses. Enjoy the beauty. I do not believe this will affect your competition unless you are so awestruck that you sit down to admire it. Hopefully next year we'll complete this map detail.

**Event details.** The Arizona State Champs will be held on Saturday. Drive up Friday so you'll be fresh for the champs. The champ categories are: Men's Champ (under 50 running Red), Men's Veteran Champ (50+ running Green), Women's Champ (under 50 running Green) and Women's Veteran Champ (50+ running Orange). You may run any course you wish if you aren't vying for the championship. Pacific Ranking Series competitors should pick the same color category they've been ranking in all year.

The courses lengths and climb follow: White: 3.5km, 75m; Yellow: 4.3km, 130m; Orange: 5.3km, 170m; Green: 6.6km, 215m; Red: 7.7km, 285m. Individual start times will run from 10 a.m. to 1 p.m.

**Night-O.** Beginning at 7:00 p.m., or as it gets dark, will be your choice of an easy or difficult 90 minute score-O course. Don't forget your flashlight and timepiece. This is the evening before the new moon! Penalty points are subtracted from the scores of late returnees so be sure to get back on time.

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Continued on page 4

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## What is Orienteering?

Orienteering is a fun and challenging outdoor activity in which participants navigate their way on foot through the "great outdoors," using only a map and a compass. (There are other versions of orienteering, such as on bicycles, skis, horseback, or in canoes, at night, relay teams, etc., but the idea is basically the same.)

Each participant is given a specially prepared topographic map marked with a series of checkpoints to be visited. At each of these checkpoints, the organizer places an orange and white "control." The object of the sport is to use the map with the compass to locate the control features and navigate back to the starting point. Using your imagination and your navigational skills, you try to select the best route to each control.

Once at the control marker, you punch a score card which verifies that you have found the control feature.

At each event, there are several courses offered, rated in length and difficulty. You can choose the course that suits your ability and inclination, and you can make it a stroll, a hike, or a race, as you prefer. It is a family sport where each member of the family may choose his/her course, or the entire family may go as a team. Beginner courses are typically along trails or other easy-to-follow routes. Intermediate courses are partially on trails and partially cross-country. Expert courses are on difficult-to-follow cross-country routes.

### Preparation, Clothing, and Equipment

A beginning orienteer should be fit enough to walk at a leisurely pace for about one mile, in about an hour, over easy terrain. Expert orienteers are trained endurance athletes, walking or running for many hours over rugged terrain.

Wear comfortable clothing appropriate to the season, long pants, a hat, and walking shoes or hiking boots. Events are timed, so a watch is recommended. Bring plenty of water, and a snack if desired.

The only specialized equipment you will need are a compass and a whistle. If you forget these items, compasses may be rented or a whistle purchased for \$1 each.

### Safety

If navigating in the outdoors sounds a little scary, then an orienteering event is the place to be. The beginner courses are in carefully selected areas, safely contained within recognizable boundaries, so it is almost impossible to get truly lost. In addition, each participant's start and finish time is monitored so that anyone who is overdue will be safely rounded up by skilled orienteers.

### Newcomers

We highly recommend that you attend the *free* Beginners' Clinic, which is offered at every meet, if you haven't orienteered before. It is usually held 15 or 20 minutes before the courses open. Try to arrive at or before the time that Registration opens in order to attend.

### Fees

Fees for Tucson Orienteering Club events are as follows (other clubs' fees may vary): \$8 per individual or \$10 per team, for nonmembers, with a \$5 discount for members of Tucson Orienteering Club, Southern Arizona Hiking Club, Southern Arizona Search and Rescue, Phoenix Orienteering Club, or United States Orienteering Federation; \$1 for color maps when used (no charge for black-and-white maps); \$1 to rent a compass; \$1 to purchase a whistle. Annual membership fees are \$10 for an individual and \$15 for a household.

*Tucson Orienteering Club*

*P. O. Box 13012*

*Tucson, AZ 85732*

*Phone: 628-8985*

*e-mail: loiskim@aol.com*

*Web site: <http://go.to/tucsonorienteering>*

**The October 21 meet will be at Ft. Huachuca. See page 5 for the meet information. Updates will be on the website listed there and on our TOC website: <http://go.to/tucsonorienteering>**

# August Meet at Greasewood

—Alexandre Savine

Early hours of the August 19 event did not discourage 74 runners from joining the event.

Two Jeffs (**Brucker and Berringer**) did a great job designing, setting, and vetting four courses. There were no complaints about poorly placed controls or boring legs.

Actually, we had an all-new and exciting Greasewood. Traditional White and Yellow attracted scores of novice orienteers, but the real kick came at 2-map Orange and Line-O. The Line-O is not a frequently offered course at TOC meets, and quite a few runners suggested having it more often. Despite its appearance of being somewhat restrictive (no route choice!), the Line-O is a good practice in map reading and may be modified to higher levels of complicity. For example, runners may punch every control position on the map and lose points for 'misplaced controls'. Won't it be a good practice for course setters?

The Registration table was run by **Sasha Savine** (meet director) and **Ludwig Hill** (who graciously allowed the meet director to try the Line-O). **Doctor Peg Davis** had a lot of patients in her Beginners' Clinic. **Jeff Berringer and Jim Stamm** did the timing. Special thanks to the runners who after finishing their courses took part in the control retrieval: **Peg Davis, Gary Thomas, Sue Wenberg, Ludwig Hill, Ron Peloguin, Gary Hinman and Rebecca**. It was really hot out there after the courses were closed!

**White**

1T	Eagles	36:39
	Scout Troop 772	Rec
	Tony + Isaac	Rec
	CJ+Jacob	Rec
	Muha	Rec
	Night Lizards	Rec
	Julius Martinez	Rec
	Shari Silvey	Rec

**Orange**

1M	Don Fallis	46:32
2M	Jeff Fisher	65:42
1W	DDCC	101:28
1T	Hallmark Drivers	123:45
2W	Alexis Mills	131:10
	Isaacson	Rec
	Kay Marthiensen	DNF
	Ed Davenport	Rec

**Are You a Member?**

Are you sure? Do you blithely check the Member box for the discount at meets, with the thought, "I've been a member forever. Of course I'm a member."

As newsletter editor, I see the labels each month, and I often see labels with expiration dates four or five months previous for people I know attend meets regularly.

Please don't stop coming!! Just take a moment to check the expiration date on the label of this newsletter.

*Lois Kimminau, Editor*

(105:)

**Yellow**

1M	Ramir Evadora	45:40
1T	Scrambled Hawke's Eggs	91:00
2T	Hawke's Nest	98:00
	CJ+Jacob	Rec
	Freshman Learners	Rec
	Hospice	Rec
	New Team	Rec
	NJROTC	Rec
	NJROTC Team 2	Rec
	Scout Troop 772	Rec
	Tony + Isaac	Rec

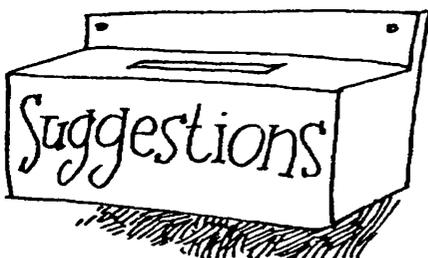
**Line-0**

1W	Emily North-Lane	41:56
1M	Ludwig Hill	48:25
2M	A. Savine	50:05
3M	Chris North	53:16
4M	Gary Thomas	77:58
1T	Amy+Bob Lutz	92:16
5M	Jim Stamm	145:00
2W	Peg Davis	145:16
2T	Free Rangers	148:18
	Gregg, Patt and Warner	Rec
	English-Bacal	Rec
	Eagles	Rec

**What Do You Think.....**

Do you have any ideas for ways to improve our Club? What would you like to see done? What should we do differently? Are there events or sites that you would like to see used more, or different types of events that haven't been offered here? How can we improve volunteerism? How can we recruit new officers, more course setters, more meet directors? Please send us your ideas and suggestions. Call or e-mail Peg Davis (628-8985, pegdavis@u.arizona.edu) or me (296-2108, loiskim@aol.com).

*Lois Kimminau*



Continued from page 1

**YOU MUST PREREGISTER FOR THE BILLYGOAT. AND FOR THE COLOR COURSE YOU WILL RUN SATURDAY.** Those who do not preregister will copy controls after their start time. To preregister, call Peg Davis at 520-628-8985 or email pegdavis@u.arizona.edu by Wednesday, September 12. Those who preregister and do not attend the meet will be reviled.

The Billygoat will be held on Sunday. This is designed for strong (physically as well as navigationally) intermediates and advanced orienteers. Others may opt for a 2-1/2 hour easy score-O designed for White, Yellow, and weak (not ready for the Billygoat) Orange orienteers. Okay? Something for everyone. The Billygoat has certain distinguishing characteristics which define the event. These include: (1) mass start with following allowed; (2) your first look at the map is at the 'go' signal; (3) a long endurance event with all finishers under 3-1/2 hours receiving a prize; (4) one forked control; you choose the right or left option; (5) one skipped control, your choice, and it may even be the forked control.

For this particular Billygoat there will be two loops, the first and longer of 7.9km w/260m climb and the second of 5.1km w/185m climb. The total distance and climb: 13.0km, 445m. Your skipped control must occur in the first loop which really includes the best options. You will not see the second loop until finishing the first. Prizes for all finishing the course within the 3-1/2 hour time limit. Last time it was a Snickers candy bar and sports drink cup. This time????????????

**Schedule:**

**Fri/early Sat** Arrive at camping/registration/start site

**Saturday:**

9:30 a.m. Beginners' clinic.  
10:00 a.m. -1:00 p.m. Champs start times  
3:00 p.m. Courses close  
7:00 p.m. Night-O mass start  
8:30 p.m. Courses close

**Sunday:**

8:00 a.m. Billygoat mass start  
8:15-10:00 a.m. Score-O start times  
1:00 p.m. All courses close/control retrieval

**Fees:**

Team fees include 2 maps, each additional map \$1.  
Member = current member of any orienteering club in the world.  
Saturday Classic courses, Saturday Night-O, Sunday Score-O fees for each event:  
members: \$4/person, \$6 team; nonmembers: \$8/person, \$10/team  
Sunday Billygoat: members \$7/person, \$9 team; nonmembers: \$11/person, \$13/team

Classic, Night-O, and Score-O member package deal: \$10/person, \$16/team  
Classic, Night-O, and Billygoat member package deal: \$13/person, \$19/team

**Camping:** This beautiful site features NO facilities. Bring more than enough water for the entire weekend.

**Volunteers** are needed to staff tables, hang a few controls and retrieve controls. This will not interfere with your competition. Please contact Peg (preferably in advance) at 520-628-8985 or pegdavis@u.arizona.edu.

**Directions:** From Phoenix, take Highway 87 to Payson, then Highway 260 east about 30 miles to the top of Mogollon Rim; continue on Highway 260 about 7-1/2 miles to FR 99 north (MP289-1/2), then about 4 miles to FR 170 west and north, following it about 7 miles to camping at 1/3 mile past Ram tank, on the right. A passenger car should have no problems on these roads.

**Poison....**

Everyone learns about Poison Ivy, but do you know how to identify Poison Oak? In the west, from Mexico to British Columbia, it grows as high as 6-foot-tall clumps or vines up to 30 feet long. It has oak-like leaves, usually in clusters of three. The undersides of the leaves are always a much lighter green than the surface and are covered with hair. Also, there are usually clusters of yellow berries.

**Newsletter Submittals**

The deadline for newsletter items is shown in the monthly calendar. Please try to meet the deadline, or call the editor if there is a problem. All members are invited and encouraged to send informational or opinion articles on any orienteering topic.

Phone: 296-2108 Fax: 290-8071  
E-mail: loiskim@aol.com  
US mail: 9055 Calle Bogota  
Tucson, Arizona 85715.  
*Lois Kimminau, Editor*

## Fort Huachuca Mini-Rogaine

—Matt Chamberlain

The October 21 Tucson Orienteering Club meet will be on the Fort Huachuca base near Sierra Vista. The course will be set on the orienteering map drawn over Fort Huachuca in 1989. There will be a single 4-hour event, which can be entered individually or as a team. Like any Rogaine, you are free to go to as many or as few of the controls on the map in the time given as you wish or are able. Points are scored by visiting the controls; the points of the controls are determined by the control number rounded down to the nearest ten. Points are lost for late arrival back to the start area (after 12 noon), at 10 points for every minute or part thereof.

There will be one water drop on the course, but no other facilities. Please bring your own water.

The start will be Australian style: you can pick up the maps upon registering and paying your fees after 7 a.m., but control cards will not be available until the Start. They will be hanging on a line for quick access.

Due to permit requirements to get onto the Base, pre-registration is needed, and this *MUST* be done by October 12. Full details of this permit procedure will be made available on the web once it is known. To pre-register, simply e-mail the address below and check your name on the participant list. Fees will be collected the morning of the event. Hope to see you there. [Note: Check website below for updates and information for the required permits.]

**Directions to Fort Huachuca:** From Tucson, travel about 45 miles east on I-10 to Hwy 90 (Exit 302). Follow Hwy 90 south about 27 miles. On the northern edge of Sierra Vista, Hwy 90 turns east at a traffic light. **DO NOT TURN HERE.** Instead, continue straight 1 mile to the next traffic light, where you will turn right to enter Fort Huachuca. This is the Main Gate. Stop at the visitor center on the right to get a vehicle pass. Personnel there can instruct you on how to reach the meet site. (There are other things to see and do at Fort Huachuca—it is a National Historic Landmark—so if you are interested, be sure to ask at the visitor center.) The meet site is about a 20-minute drive beyond the gate. Please drive cautiously.

**Fees:** Member: individual \$4, team \$6; nonmember: individual \$9, team \$11. Compasses rent for \$1. Safety whistles sell for \$1. Every person at all meets is required to carry some type of safety whistle. TOC Membership is \$10/\$15 for individuals/households.

### Schedule:

- 07:00 Registration opens - pay fees and distribute maps.
- 07:45 Course Setters Briefing.
- 08:00 Mass start.
- 08:00 Beginners' clinic.
- 12:00 Finish of Rogaine.
- 12:30 Disqualification for those not returned from the course.
- 13:00 Announce over-all winners.

**Check-In:** Participants must hand in their control cards once they return to the start, this is to know you got back safe.

**Volunteers:** Yes *please!* I will be looking for help with registration, time keeping, and control retrieval.

**Web Page:** <http://www.lpl.arizona.edu/~mc/huachuca/index.html>, for participant list, permit procedure and any other updates. For pre-registration: E-mail: mc@lpl.arizona.edu (alternatively call and leave a message on 520-6214682, no later than October 12).

### *Is Orienteering Safe?*

For all our apparent derring-do, orienteers suffer relatively few injuries from their adventures in the woods. Why? The St. Louis club's Eric Buckley suggests this answer: "It's certainly true that you can injure yourself in an orienteering event. People do it all the time. But taken as a whole, orienteering is a remarkably safe activity that still offers all the benefits of rigorous exercise. Because we really don't cover that much ground, most of the chronic overuse injuries are avoided. Since proper navigation requires running at less than maximum speed, pulled muscles, dehydration, and hyperthermia are rare. Since we're not going particularly fast, falls are generally harmless. There are some potential hazards, such as loose slope and rock faces, but good course design minimizes these risks."

(*Orienteering North America*, August 2000)

## Summer Orienteering Fun

—Peg Davis

North America's prime summer orienteering was found in June and July at the Pacific Northwest Orienteering Festival (PNWOF) and Asia Pacific Orienteering Championships (APOC) Barebones events. The PNWOF featured meets in west, central, and eastern Washington. All the clubs in this western hotbed of orienteering sponsored A meets on their highest quality color maps. I competed in the last two days of PNWOF in Spokane.

The Spokane club has created a long skinny map of Riverside Park. The course setter used the northwest end the first day and the southeast end the next with the two start/finish areas only 300 meters apart. Very easy for strangers to the area! One of the pleasures of out-of-town orienteering is using my same old skills in new and bizarre terrain and weather. Odd bluffs and rock piles, no hostile vegetation, and old military practice foxholes covered the map. Vegetation boundaries, seldom found on TOC maps, were important navigational tools and control points. The second day, I had a true Northwest experience. I went out without a plastic map bag, the gentle, constant rain started halfway, and by the 14th of my 16 controls, my map was ready to dissolve. I learned just how little I could touch and maneuver a wet map while trotting. Nearly everyone in any Washington club seemed to be working on PNWOF. Spreading the meet across the state spread the workload enough that the organizers were still pleasant at the end. One highlight for me was camping right next to the Spokane River with a gang of orienteers. The river flowed 24 hours a day at the same rate! How do they do it?

Some PNWOF participants then drove through lovely Idaho to Cranbrook, British Columbia. The APOC Barebones meet has happened several times before and was being used this year to practice for the huge APOC meet to be held next summer (plan your trip!). The Barebones motto is "less work, more fun, no complaining." At registration, you are handed your prize: a wooden bone on which you are to write any awards you win and a string to hang it on. If you don't win anything, well, you still get a nice bone. Five events began at or near the little college where we camped and had our banquet. The dry woods there were a lot like Mt. Lemmon with a few little lakes. The outstanding event was the Enduro. The 14 control, 12k loop was laid out over three semi-overlapping, but dissimilar maps. One was a very nice color O map, one was a crappy, old style black-and-white map, and one was a color aerial photo. All had different scales and covered slightly different areas. This was truly a physical and intellectual challenge. Ask to see my maps while at the September meet. Control 7 fooled nearly everyone. My team needed more than an hour to find it. We had to quit the course before the last controls, attempting to not be late. We were so tired that we used the sound of the band practicing on the college football field to guide us back to the finish. And why was there a band? Because it was Canada Day! Yes, we got down and got funky to two *a capella* versions of "O, Canada" and three bands. Holidays in small towns are really fun, but after a 6-hour Enduro, we were ready for the celebration to stop long before they actually did. The Barebones meet was a wonder of efficiency—lots of events with the minimum of workers.

Once again, I'd like to encourage you (yes, you!) to orienteer out of town. Not only will you get more chances to orienteer and deal with fascinating new terrain, you will also have plain old fun with some very nice people. The first weekend of December features two days near Palm Springs, an easy six-hour drive. The second weekend of December features an A meet nearly in L.A. This is a chance to see how the big kids do your favorite sport. But don't be intimidated. Courses are set for everyone, right down to white. All the details can be found online or talk to me. Let's carpool!

**Get a GPS receiver as a gift and wonder what you can do with it? (You can't use it in orienteering!!) Check out geocaching, a kind of treasure hunt with GPS. Someone caches a container filled with small items and posts the location on the Web at [www.geocaching.com](http://www.geocaching.com). There you can enter your zip code and get a list of nearby caches. Using your GPS, track down the cache. Take something from the cache and leave something else. This is similar to the old English sport of letterboxing. Anyone can do it, and you can pick your own time.**

## CLUB CALENDAR

### September 15 & 16, Potato Patch on the Mogollon Rim

Course Setter: John Maier (520-586-7300)

Course Vetter: Vacant

Meet Director: Peg Davis (628-8985)

### September 24, Newsletter Deadline

See page 4 insert for details.

### October 21, Mini-Rogaine at Fort Huachuca

Course Setter: Matt Chamberlain (621-4682)

Course Vetter: Vacant

Meet Director: Matt Chamberlain (621-4682)

### November 17 & 18, Silverbell Mountains

Course Setter: Kevin Gross (326-0739)

Course Vetter: Vacant

Meet Director: Vacant

## 2002

### March 17, Rosemont

Course Setter: John Little

Course Vetter: Vacant

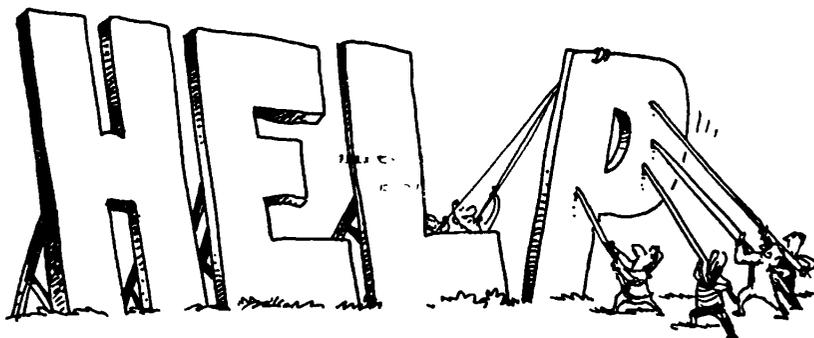
Meet Director: Vacant

### Summer Month, Palisades

Course Setter: Jeff Brucker

Course Vetter: Vacant

Meet Directors: Judy & Pete Cowgill



TSN Club meets are held regularly on the third Sunday of the month, year-round.

Experienced course setters are usually happy (with advance notice of about a month) to work with apprentices who want to learn to set courses. If there is enough interest, separate training for course setting can be organized.

Directing a meet consists essentially of setting up and supervising the Registration and Timing areas, with help from other volunteers. Teams of two are encouraged.

Please call Peg Davis at 628-8985 if you can help with any of these meets.

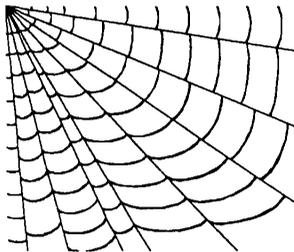
### 1999-2000 TUCSON ORIENTEERING CLUB OFFICERS

President	VACANT	PLEASE HELP!!	
Secretary/Treasurer	Jeff Berringer	jaberringer@earthlink.net	512-4685
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Mapping	Jeff Brucker	guidezone@home.com	886-2528
Equipment	Mary English		881-4786
Permits	C. Michael Thompson		743-9687
Publicity/Education	Gary Thomas		480-899-8645
Newsletter Editor	Lois Kimminau	loiskim@aol.com	296-2108

Tucson Orienteering Club  
P. O. Box 13012  
Tucson, AZ 85732

Address Service Requested

See you on the Rim!  
September 15 & 16.  
Don't forget to pre-register.



Check out the Tucson Orienteering Club web site!  
Type <http://go.to/tucsonorienteering>  
Also, for links to all the West Coast club sites,  
just type <http://go.to/sconet>  
or for Pacific Region rankings, type  
<http://www.geocities.com/usofpacreg>

### Tucson Orienteering Club Membership Application

Check one: New Member	<input type="checkbox"/>	Renewal	<input type="checkbox"/>	Date on label	_____
Check one: Individual (\$10)	<input type="checkbox"/>	Household (\$15)	<input type="checkbox"/>		
Name:	_____			Telephone:	_____
Address:	_____			E-mail:	_____
Can you help staff a club meet?			<input type="checkbox"/>	Yes, call me.	

Members receive a monthly newsletter, have voting privileges and access to Club library, and receive a \$5 discount per meet. Make checks payable to Tucson Orienteering Club and send to P. O. Box 13012, Tucson, AZ 85732.